

## **How to Remain in Balance Your Emotions and Spirituality**

Blame it on the environment, your work, the stress, your partner, the kids, the overwhelm – yet the truth remains – your emotions are your own and for you to remain in balance with. Emotional turmoil directly affects not only your mood, your thoughts and your relationships, but also your physical well-being as well as your spiritual connection.

Emotions are a part of a person's being that is highly overlooked. It's always body-mind-spirit. But emotions play a very important role in all three "bodies" and have the power to transform something into nothing. If used properly, the emotions can be a catalyst for change and a hidden force behind manifestation and creativity. When we are out of balance with our emotions, it can wreak serious havoc, not only in ourselves, but also in the people around us.

Many believe out-of-control emotions can cause disease and pain, plus we all know it can tear apart important relationships (for little to no good reason).

It's very important to address and clear out any stuck energy and negative emotions, suppressed feelings and guilt and shame, for a healthy emotional body.

### **Here are some ways to do so:**

**Don't "stuff" your feelings.** Strong feelings can be difficult. The more you accept and deal with your feelings the more emotionally stable you become – ultimately leading to more harmonious you. Doing so will create better communication between the head and the heart (emotions) leading to a foundation that can sustain you and carry you through difficult times.

#### **Express yourself.**

Don't let your emotions supersede your intelligence. Perspective is everything. Sometimes simply changing the way you look at a situation can be a game changer. Forgiveness is paramount in emotional stability.

**Release.** Consciously make the decision to let go. If it's in the past, it's gone and the only one who keeps it alive is you. It lives in your mind and body only. Finding stillness and peace in the present moment heals.

**Let go of shame.** Shame blocks the second chakra – associated with the emotions. Shame and guilt live in your emotional body and really, a total illusion that keep us constricted and in emotional lockdown.

**Accept that all encounters are a reflection of you.** you are the sole controller of your emotions, others cannot make you feel one way or another. It's our expectation that plays a huge part in that scenario. Avoid reacting to other people's actions, and behavior. Get a hold of your own on your way to mastery.

**Orange is the new black.** Orange traditionally is associated with the second chakra and vibrates light energy on that frequency. If nothing else, it's a reminder to stay in tune with your emotions.

**Get into an activity** that moves the body and spine in all directions. Conscious movement is a valuable tool for processing and releasing negative emotions. Movement also creates more body awareness that can help you move through experiences.

**Lighten up.** Emotions can be dreadfully heavy.

**Body awareness.** Relaxation can calm your waters and create better body awareness.

**Realize that it's a choice.** When you've experienced enough suffering, there comes a point when you must make the choice to heal. When all's said and done, the first step is to make the decision

### **How emotionally maturity is connected to spiritual maturity Developing emotional maturity**

1. It Is Impossible to Be Spiritually Mature Without Being Emotionally Mature.
2. To Be Emotionally Mature You Must Be Willing to Look Beneath the Surface.
3. To Be Emotionally Mature You Must Go Backward to Go Forward.
4. To Be Emotionally Mature You Must Learn to Manage Pain.

### **Top Ten Symptoms of Emotionally Unhealthy Spirituality**

1. At times we use Christian activities as an unconscious attempt to escape from pain.
2. Ignoring the Emotions of Anger, Sadness, and Fear
3. Dying to the Wrong Things: Some people believe that the miserable you are the more that God loves you.
4. Denying the Past's Impact on the Present
5. Dividing Our Lives into "Secular" and "sacred" Compartments
6. Doing to look good instead of being good
7. Spiritualizing away conflict
8. Covering over brokenness, weakness, and failure
9. Living without limits
10. Judging other people's spiritual journey

## **Eight Signs of Spiritual Maturity**

Spiritual maturity is impossible to measure. I have tried.

Measuring spiritual maturity is not like measuring knowledge. You can't simply pass a test or write a paper. In fact, a fair amount of disagreement exists about what spiritual maturity even is.

I think people who are spiritually mature probably have some idea that they have achieved some growth. It is just that they are aware that there is no end point to the journey.

I think emotional maturity and spiritual maturity go hand in hand, though differences exist

1. **No agenda, just love.**
2. **Seeks wisdom and knowledge.**
3. **Willing to do the right thing.**
4. **A real conscience as opposed to a false one.**
5. **Unafraid or unoffended by differing beliefs.**

### **Important Also**

**Tolerant of weakness in yourself and others.** – A desire for perfection means you will be disappointed eventually by everyone you meet, and continually judging yourself.

**Humble** - no masks.